

Useful apps to help with coping with stress and anxiety

Fast Calm

Fast Calm is a simple to use app that has been designed to calm you down quickly when you are feeling stressed, worried or anxious. Fast Calm helps you to manage your anxiety level quickly by effectively using breathing techniques combined with relaxing images.

(Available for Android and Apple)



Breathe2relax

Breathe2relax can help you learn to breathe deeply to help you manage stress and anxiety.

(Available for Android and Apple)



Relax Melodies

Relax Melodies helps you to easily combine different sounds and relaxing melodies) to create your own personal relaxing session. There are several different themes off this app.

(Available for Android and Apple)



Self-help Anxiety Management (SAM)

SAM is a friendly app that offers a range of self-help methods for people who are learning to manage their anxiety. You can rate your anxiety levels and explore strategies to reduce them.

(Available for Android and Apple)



Panic Attack Aid

Panic Attack Aid is designed to bring instant calming relief from panic and anxiety attacks through breathing techniques, reassurance and distraction exercises.

(Available for Android and Apple)

